



## Bein' Cool When It's Hot

**F**ans are whirring; air conditioners are humming. These are sounds that summer has arrived. Cooling air is one way we survive in hot weather. Nature has other ways, so let's "be cool" and go outside to discover some of them.

Missouri's animals change what they do to survive summer heat and humidity. When we brave the hottest temperatures of mid-day, we may not see many animals. They are in cool places. Digging animals, like chipmunks and badgers, go into deep burrows underground. Fish and turtles are in the deepest pools of water. Skunks and snakes retreat beneath piles of logs and rocks.

When you look closely you may notice plants with curled leaves and flowers. You might see birds with their beaks open wide. Look under leaves and grass you could find insects, like crickets, resting. All are avoiding summer's heat.

Crickets are cold-blooded and their body temperatures stay close to air temperatures. Their activity

slows when temperatures rise. Counting the number of cricket trills is an old time way to estimate air temperature. When summer air is cooler during dawn, dusk and nighttime, crickets trill more frequently.

If you are outdoors during cooler times you will notice other animals are also more active. Woodchucks come out of burrows to eat along roadsides. Lizards move to the tops of rocks and other sun-warmed surfaces. You can hear tree frogs calling in wooded places

when night air temperatures are 60 degrees or higher. Nighttime calls of frogs on trees and in ponds are musical accompaniments to fireflies' summer shows. On moonless summer nights we enjoy multitudes of male lightning bugs twinkling above the females hidden in the cool grass below.

Whether you choose to discover nature in summer on dark nights or when the sun is bright overhead, don't let fans and air conditioners trap you inside all day. Let's all go outside and explore what's cool about Missouri's wonderful outdoors.



—Kay Kasiske,  
Volunteer Naturalist

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## Volunteer News

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Doris Linhardt-Evanoski, Judy Yoder, and Jan Alexander sharing their passion for conservation.

Doris Linhardt-Evanoski, Judy Yoder, and Jan Alexander began their volunteer careers at Runge Conservation Nature Center the year it opened – 1993. They have been sharing their love of nature and passion for conservation with visitors since that time. Judy has reached 5000 hours, Jan has reached 4000 hours and Doris has reached the 3500 hour milestone. Thank you for your dedication and congratulations!

### Volunteer Milestones

Congratulations to the following volunteers for the hours of service donated to the Runge Nature Center.

**200 hours** – Stephanie Durbin, Crystal Lueckenhoff, Ethan Regan

**300 hours** – Kent Moreland

**3500 hours** – Doris Linhardt-Evanoski

Thank a volunteer  
when you see them. Tell them  
how much you appreciate  
their time and the talents they  
give to the nature center.

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## Exhibitors

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### Fine Art

by Lyn Phariss



Lyn was born and raised in a small town in Missouri. Always an artist, she put it on the back burner to raise a family and work in industry. After retirement she put her energy toward studying and honing her craft. She has been accepted into many national shows across the country where she has won awards. She is a signature member of the National Oil and Acrylic Painters Society (N.O.A.P.S.), associate member of Women Artists of the West and several other associations. Lyn has been a driving force in organizing plein air events around the midwest. Her work can be found at several galleries across the nation and on the web. <http://lynphariss.com>

The Runge Conservation Nature Center (CNC) is located on 97 acres in the heart of central Missouri. Come discover and enjoy the wonders of Missouri's habitats and its array of fish, forests, and wildlife. Runge CNC is located one-third mile north of Hwy 50 on Hwy 179, Jefferson City. (330 Commerce Dr.)

#### **BUILDING HOURS:**

Tuesday–Saturday: 8 AM–5 PM

Thursday: 8 AM–8 PM

Closed Sunday & Monday

#### **TRAIL HOURS:** Open 6 AM–9 PM

<http://mdc.mo.gov/regions/central/runge-nature-center>

# For the Little Ones...

Connect with nature through exciting and age-appropriate opportunities.

## Babes In The Woods

Children ages 0 through 2 years of age are welcome to attend a Babes program with their caregiver. This program is limited to 15 children, plus caregiver.

## Little Acorns

Children 3 through 6 years of age are welcome to attend a Little Acorns program with their caregiver. This program is limited to 20 children, plus caregiver.

## Little Acorns PLUS

If you have a child that fits into our Babes program **AND** one that fits into our Little Acorns program this is for you. This program is limited to 20 children, plus caregiver. Please provide the ages of your children when making your reservation.



discover nature programs...

- Help Missourians discover and explore nature
- Provide expert instruction and hands-on activities
- Are available statewide

<http://mdc.mo.gov/discover-nature>

## July

Registration begins July 1st

573-526-5544

### ANTics!

Ants are amazing insects and they are found everywhere there is land – and food! We will watch ants move and work and discover how they talk and what they like to eat. Join us for some ANTics this month.

### Babes In The Woods

July 9 • Wednesday • 10 AM

July 29 • Tuesday • 10 AM

### Little Acorns

July 12 • Saturday • 10 AM

July 24 • Thursday • 10 AM

### Little Acorns PLUS

July 11 • Friday • 10 AM

July 16 • Wednesday • 10 AM



## August

Registration begins August 1st

573-526-5544

### Dragonflies

**Swim, Dragon, Swim...Fly, Dragon, Fly.** Before you fly, dragonfly, you have to swim. You have interesting body parts. You do amazing things in the water and in the air. Join us and discover the dragonfly's life.

### Babes In The Woods

August 8 • Friday • 10 AM

August 26 • Tuesday • 10 AM

### Little Acorns

August 12 • Tuesday • 10 AM

August 28 • Thursday • 6 PM

### Little Acorns PLUS

August 9 • Saturday • 10 AM

August 20 • Wednesday • 10 AM

*"If a child is to keep alive his inborn sense of wonder without any such gift from the fairies, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in."*  
Rachel Carson (1907-1964) naturalist, writer, environmentalist



# Runge Calendar of Events - July

Get outdoors and experience what nature has provided for you.



## July Events

*Registration begins July 1st.*

Programs are free. Call 573-526-5544 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

### Homeschool: The Wonderful World of Worms!

July 8 • Tuesday • 1–2:30 PM

*Registration required (ages 9 and older)*

We walk over them every day!

Earthworms are one of the more important links in our ecosystem. Find out how they live, thrive and work their wonders. Build your own worm composting bin to take home!

### What's Going On? Darting Dragons

July 12 • Saturday • 10 AM–2 PM

*No registration required (all ages)*

Dragonflies dart around the summer skies hunting for their next meal.

Explore the life cycle of these fascinating creatures and discover what these flying dragons are hunting for through hands-on activities and displays.

## Discover Nature this Summer

10 AM–2 PM & 5–7 PM

*No registration required (all ages)*

Visit us on the following **Thursdays** in July for a variety of activities and learning stations.

• July 10 • **Bug Out!**

• July 17 • **Missouri Reptiles!**

• July 24 • **Forest Fun!**

Get outside and cool off inside as you explore and discover nature!

### Puppet Show: Bein' Cool When It's Hot

July 12 • Saturday 1 PM

*No registration required (all ages)*

Missouri's animals are cool, even when the weather is hot. Woodchuck and Chipmunk chill out near each other underground. They are curious about how other critters keep their cool when it is hot. Come to Runge's puppet theatre as they share what they discover.

### Story Tree – On the Trail!

July 17 • Thursday • 6–7 PM

*No registration required (all ages)*

Walk the Naturescape Trail and encounter a volunteer naturalist eager to share a nature story or two with you. You will be delighted with the stories and activities you encounter. In case of inclement weather, the Story Tree will be inside.

### Nature's Needlers

July 17 • Thursday •

10:30 AM–Noon AND 6–7:30 PM

*Registration required (ages 18 and older)*

Did you know insects are the most numerous kind of wildlife on the prairie? Learn about the important role one species plays in prairie life. This block is the seventh block in the Missouri Prairie series featuring the *mole cricket*.

### Aquarium Feeding

July 18 • Friday • 11:30 AM

*No registration required (all ages)*

The fish and turtles are hungry! Join us by the aquariums and watch them eat.

### Adventure Birding

July 19 • Saturday • 8 AM–Noon

*Registration required (ages 11 and older)*

"Bird Counts" (official counting of the kinds and numbers of birds) are an important way to keep track of bird populations. They are also one of the most exciting and sometimes competitive parts of birding. Come and join the fun for our first ever "mini-bird count" here at Runge. No previous experience is necessary. Dress for the weather and bring your binoculars or borrow a pair of ours.

### Story Tree – On the Trail!

July 19 • Saturday • 10–11 AM

*No registration required (all ages)*

Refer to July 17 for program description.

### What's Going On? Neat (Bird) Nests

July 19 • Saturday • 10 AM–2 PM

*No registration required (all ages)*

Most birds are done raising their young by now. Visit us today and get a peek at what some of the nests look like. Try your hand at making one!

### Teen Club: Going Froggin'

July 22 • Tuesday • 7–11 PM

*Registration required (ages 12–18 years)*

This evening we will learn how to 'gig' frogs and then we will GO gigging. Frog gigging is a sport of hunting frogs with a gig. Participants 16 years of age and older will need a current hunting or fishing permit. Each participant will need a signed permission form. Pick one up at the nature center or go online at <http://mdc.mo.gov/regions/central/runge-nature-center> and search for Permission Forms. Giggers should dress in grubby shoes and clothes. Bring a water bottle.

### A Log's Life

July 31 • Thursday • 10–11:30 AM

*Registration required (ages 6 and older, accompanied by an adult)*

"Deep in a forest, a great oak tree stands..." We will get down and dirty exploring Runge's "century" white oak trees from acorn to decaying log.

### A SUMMER CONCERT "Musical Maples"

July 31 • Thursday • 6 PM

*No registration required (all ages)*

Join us for an open air summer concert featuring Kansas City musicians Michael Fraser and Tenley Hansen. They will use storytelling, live music, and a variety of visual aids to relay the importance of maple trees to Missouri. Maple wood is used extensively in the construction of musical instruments. You will have the opportunity to hear the resulting beautiful music as they present "Musical Maples" on mandolin, violin, and guitar.

# Runge Calendar of Events - August

Get outdoors and experience what nature is sharing with you.

## August Events

*Registration begins August 1st.*

Programs are free. Call 573-526-5544 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

### Aquarium and Snake Feeding

August 1 • Friday • 11:30 AM

*No registration required (all ages)*

The fish and turtles are hungry! Join us by the aquariums to watch them eat. Then stick around to watch the snakes enjoy their food.

### What's Going On? Nature UP Close and Personal

August 2 • Saturday •

10 AM–2 PM

*No registration required (all ages)*

See nature up close through microscopes, loupes, and magnifiers. A micro world awaits you.

### Teen Club: Caving

August 5 • Tuesday • 8 AM–5 PM

*Registration required (ages 12–18 years)*

We will spend the morning hiking one of the trails at Onondaga State Park and then cool off in the afternoon as we take a naturalist-led hike through Cathedral Cave. Be ready to leave the parking lot at Runge promptly by 8:15AM. Runge will provide transportation, staff, snacks, and some flashlights. Wear sturdy walking shoes, bring lunch, water, a flashlight if you have one and *wear clothing that has not previously been worn in a cave*. Each participant will need a signed permission form before going on this trip. You can pick one up at the nature center or go online at <http://mdc.mo.gov/regions/central/runge-nature-center> and search for Permission Forms.

### Story Tree - On the Trail!

August 16 • Saturday • 10–11 AM

*No registration required (all ages)*

Walk the Naturescape Trail and encounter a volunteer naturalist eager to share a nature story or two with you. You will be delighted with the stories and activities. In case of inclement weather, the Story Tree will be inside.

### Nature's Needlers

August 21 • Thursday •

10:30 AM–Noon AND 6–7:30 PM

*Registration required (ages 18 and older)*

Birds are very visible and audible on the prairie. Join us for the eighth block of the Missouri Prairie series featuring the showy Meadowlark. Enjoy showing and telling about your most recent quilt projects with the group.



### Story Tree - On the Trail!

August 21 • Thursday • 6–7 PM

*No registration required (all ages)*

Refer to August 16 for program description.

### What's Going On? Fish Sense

August 23 • Saturday • 10 AM–2 PM

*No registration required (all ages)*

Did you know that fish have six senses? Come find out what this extra sense is all about and discover how fish use all of their other senses, too!

### Design with Nature in Mind: Summer (Water)Colors

August 23 • Saturday •

10 AM–Noon AND 1–3 PM

*Registration required (Women, ages 18 and older)*

The sights of summer – butterflies and flowers – will be captured as you try your hand at watercolor painting. Leaders will take you through this unique way of painting and each participant will go home with one handmade note card.

## Managed Deer Hunt Open House

The Missouri Department of Conservation (MDC) is considering holding a fall managed archery deer hunt in 2015 on Runge Conservation Nature Center grounds and MDC Central Office property. This is part of a wildlife management plan to maintain and/or reduce deer densities in the area. The public is invited to an informational meeting at **6:30 PM on August 14** at Runge Conservation Nature Center to discuss and learn more about this plan.

### Puppet Show: Bein' Cool When It's Hot

August 9 • Saturday 1 PM

*No registration required (all ages)*

Missouri's animals are cool, even when the weather is hot. Woodchuck and Chipmunk chill out near each other underground. They are curious about how other critters keep their cool when it is hot. Come to Runge's puppet theatre as they share what they discover.

### Adventure Birding

August 16 • Saturday • 8 AM–Noon

*Registration required (ages 11 and older)*

Meet at Runge Nature Center for a short introduction to herons and shorebirds in preparation for next month's field trip to Eagle Bluffs Conservation Area. Then, we will explore and go birding on the trails at the Conservation Department headquarters nearby. Dress for the weather and bring your binoculars or borrow a pair of ours.

## Welcome...

Laura Hagen–Intern



We welcome our summer intern, Laura Hagen. Laura is working towards her degree in Biology with an Environmental Science minor at University of Missouri-Columbia. We are excited to have her as part of our team.

## What's Going On?

Programs and activities at Runge Nature Center

### Every Saturday At Runge 10 AM–2 PM

*No registration required (all ages)*

The Runge Nature Center offers exploratory tables, activities, and/or crafts **EVERY** Saturday throughout the year. Stop in to see what adventure awaits you during our “What’s Going On?” at the nature center.

## Calling All Hikers

Exploring the great outdoors

Runge has three volunteer-led programs designed to provide opportunities for people of all ages to hike Missouri trails and learn about our plants, animals, and natural communities. Each month we’ll meet at the nature center, carpool to one of Missouri’s choice hiking spots and hike one or two of the best trails. Bring water, wear comfortable hiking shoes, and come dressed for the weather.

### Half-Day Discovery Hikes

July 12 • Saturday • 8 AM–Noon Registration begins July 1st.

*Registration required (ages 8 and older - children must be accompanied by an adult)*

Location: Scrivner Conservation Area, near Russellville.

Trail Length: 2 miles Terrain: Slight inclines and/or few obstructions.

Focus: Fishing

August 9 • Saturday • 8 AM–Noon Registration begins August 1st.

*Registration required (ages 8 and older - children must be accompanied by an adult)*

Location: Bridal Cave, near Lake of the Ozarks

Trail Length: 2 miles Terrain: Slight inclines and/or few obstructions.

Focus: Caves (\$12 entrance fee required.)

### Midweek Trekkers

July 16 • Wednesday • 8 AM–5 PM Registration begins July 1st.

*Registration required (adults)*

Location: Lead Mine Conservation Area. Dallas County

Trail Length: 8 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch.

August 20 • Wednesday • 8 AM–5 PM Registration begins August 1st.

*Registration required (adults)*

Location: Young Conservation Area. Jefferson County.

Trail Length: 4 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch. This is a mystery hike.

### The Hiking Club

July 26 • Saturday • 8 AM–5 PM Registrations begin July 1st.

*Registration required (adults)*

Location: Fiery Fork Conservation Area. Benton County.

Trail Length: 2 miles Terrain: Slight inclines and/or few obstructions (gravel/rocks).

Notes: Bring your fishing pole, current license, and wading shoes along with your lunch.

August 23 • Saturday • 8 AM–5 PM Registrations begin August 1st.

*Registration required (adults)*

Location: Van Meter State Park. Saline County.

Trail Length: 4 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch.



# Conservation Kids' Club

A club created for kids 6–12 years who love to explore nature and learn about wildlife.

Conservation Kids' club is a club created for **kids 6-12 years** who love to explore nature. When you make your reservation 573-526-5544, please provide the name of each member, their age, and the number of siblings attending the Little Acorns program to help us better prepare. Thank you.

## Beetle Mania

July 15 • Tuesday • 6:30–8 PM *Registration required (July 1 through July 11)*

Become a beetle maniac. We will go outside to sweep, check traps, and view the Coleoptera (beetle) family up-close and personal.



### Beetle Facts:

- One out of every four animals on Earth is a beetle.
- Adult beetles chew their food.
- Most adult beetles wear body armor.

## Gone Fishing!

August 19 • Tuesday • 6:30–8 PM *Registration required (August 1 through August 15)*

Join us for some fishing fun at Runge and Central Office MDC ponds. We will teach you how to correctly bait a hook and cast a line. Fishing poles and bait provided. You are welcome to bring your own.

**Parents/Guardians!** While big brother/sister attends Conservation Kids' Club, your preschooler (3 through 6 years of age) can be involved in a program at the same time. A preschool program will be available for siblings of Conservation Kids' Club members on Tuesday, July 15 and Tuesday, August 19. **Please limit your Little Acorn reservations to one program each month.**



## MDC Free Regional Workshops

### Cable Restraint Class

This course includes cable restraint rules and regulations, length of season and other important information. It is a requirement to trap with the cable restraint technique and certification will appear on your Resident Trapping permit.

**August 23 • Saturday • 9 AM–12 PM**

Location: MDC Central Regional Office, 3500 E. Gans Road, Columbia, MO

Required Registration: Call 573-815-7900 to make your reservation. Class size limited to 50 participants.

**September 13 • Saturday • 9 AM–12 PM**

Location: Show-Me-Auction, 17928 Shade Brook Drive, Versailles, MO

Required Registration: Contact Jim Homan at 573-378-9005 to make your reservation.

**September 13 • Saturday • 9 AM–12 PM**

Location: MDC Camdenton Office, 783 Thunder Mountain Road, Camdenton, MO

Required Registration: Call 573-774-3490 to make your reservation.

# Vitamin 'N' for Nature

vitamin  
for  
nature

Make Nature Connections this summer and stay cool by trying some of the following activities:

- Go to the edge of a pond, creek, or lake. What do you see living there? What types of creatures might like to live there?

## • Attend a *Concert...*



**Michael Fraser  
& Tenley Hansen**

July 31 • Thursday • 6 PM

### ***"Musical Maples"***

Join us for an open air summer concert featuring Kansas City musicians Michael Fraser and Tenley Hansen. *Refer to Events page for additional details.*

- Find a comfortable spot to relax. Let your thoughts be still, and allow yourself to be filled with the sounds around you. How many different sounds can you hear? How do you feel as you listen?

- Go moon bathing! See the way the moon lights up your skin. Is it different than the sun? Do the trees look different?